

Covington Aquatic Center

Spring 2014 Public Schedule and Program Guide

March 10, 2014 - June 15, 2014

Sundays

9:30am - 10:30am Deep Water Exercise Class
9:30am - 12:00pm Swimming Lessons
11:30am - 1:00pm Lap Swim
12:00pm - 1:00pm Family Swim
1:00pm - 2:00pm Public Swim
Private Parties available starting at 2:00pm

Mondays / Wednesdays

5:30am - 7:00am Lap Swim & Family Swim
8:30am - 9:30am Shallow Water Exercise
9:00am - 11:30am Swimming Lessons
9:30am - 10:30am Deep Water Exercise
11:30am - 1:00pm Lap Swim & Family Swim
3:30pm - 7:00pm Swimming Lessons
7:00pm - 8:00pm Half-Public Swim (no water slide/magic carpet)
8:00pm - 9:00pm Lap Swim & Family Swim

Tuesdays / Thursdays

8:30am - 9:30am Shallow Water Exercise
9:00am - 11:30am Swimming Lessons
9:30am - 10:30am Deep Water Exercise
11:30am - 1:00pm Lap Swim & Family Swim
3:30pm - 7:00pm Swimming Lessons
7:00pm - 8:00pm Public Swim (with water slide & magic carpet)
8:00pm - 9:00pm Lap Swim & Deep Water Exercise

Fridays

5:30am - 7:00am Lap Swim & Family Swim
8:30am - 9:30am Shallow Water Exercise
9:00am - 11:30am Swimming Lessons
9:30am - 10:30am Deep Water Exercise
11:30am - 1:00pm Lap Swim & Family Swim
3:30pm - 7:00pm Swimming Lessons
7:00pm - 8:00pm Lap Swim & Half-Public Swim (no water slide/magic carpet)
8:00pm - 10:00pm Promotional Public Swim (with octopus or magic carpet)*

Saturdays

9:30am - 10:30am Deep Water Exercise Class
9:30am - 12:00pm Swimming Lessons
11:30am - 1:00pm Lap Swim
12:00pm - 1:00pm Family Swim
1:00pm - 2:00pm Public Swim
2:00pm - 3:00pm Public Swim
Private Parties available starting at 3:00pm

*This schedule includes all **public**** programming. - All listed programs are available on a drop-in basis except for Swimming Lessons and Private Party Rentals, which require pre-registration*

***Private User groups rent pool space for their programs; please see their website or program brochures for related schedule and fee information.*



***Friday Night Fun!**

Promotional Friday Night Public Swims are reduced price and include "Big Red" the octopus; the first Friday of each month will be a "Special Dark Swim" with the Magic Carpet!

Covington Aquatic Center

Visit us online at

www.covingtonwa.gov/cac

18230 SE 240th St, Covington WA 98042 • (253) 480-2480



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Pool Information

Physical Address:
Covington Aquatic Center
18230 SE 240th St
Covington, WA 98042

Phone: (253) 480-2480
E-mail: parks@covingtonwa.gov
Website: www.covingtonwa.gov/cac

Mailing Address:
City of Covington - Aquatics
16720 SE 271st St, Ste 100
Covington, WA 98042

Recreational Swims

Lap Swims

Lap Swims are an opportunity for swimmers to train and exercise in 3-6 deep-end pool lanes. There is no minimum age requirement, but all participants must be swimming laps, and we require circle-swimming in lanes with 3 or more swimmers.

Public Swims

Public Swims include both deep and shallow water space, and offer various amenities, such as the diving board, water slide, rope swing, mats, noodles, balls, and some of our "Big Toys," including the magic carpet and inflatable octopus. Youth who wish to swim in deep water must pass a swim test (lifejackets may be used). All children 6 years of age or less than 48" in height must be accompanied in the water and directly supervised by an adult (18 and over) at all times (maximum of 3 children under 6 per adult).

Family Swims

Family Swims are in shallow water only, and include the use of smaller toys. This is a great time for families with young children who want to practice their skills and have fun, or for those who would like to water walk or exercise in the shallow end of the pool. All children 6 years of age or less than 48" in height must be accompanied in the water and directly supervised by an adult (18 and over) at all times (maximum of 3 children under 6 per adult).

Special Public Swims

The Covington Aquatic Center offers Special Public Swims on selected dates to correspond with local school closures, early release days, and for homeschooled students (please see the program flyer for more details).

Special Friday Night Promotional Swims

Late Night Friday Night Promotional Swims are available are cheaper than our regular Public Swims and include the octopus! - The first Friday of each month will be a special "Dark Swim" with the water walkway!

Special Events - (see event flyers for details)

4/19/14, April Pool's Day - A fun and **FREE** Water Safety Event!

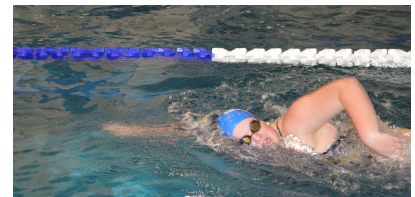
4/20/14, Underwater Easter Egg Hunt - A unique approach to this fun Easter tradition!

5/11/14, Mother's Day - Moms swim **FREE** Mother's Day!

6/15/14, Father's day - Dads swim **FREE** on Father's Day!



www.facebook.com/covingtonaquaticcenter



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Water Exercise

Deep Water Exercise

This Deep Water Exercise Class give one of the greatest aerobic and toning workouts available with absolutely no impact to the body's joints. Workouts during this drop-in class include the use of Hydro-Fit™ equipment provided by the pool. No swimming is required.

Shallow Water Exercise

This is a low impact class that provides a great aerobic and cardiovascular workout with muscle toning. No swimming is required.



Swimming Lessons (for every swimming level!)

The Covington Aquatic Center proudly offers both group and private American Red Cross swimming lessons seven days a week! Swimming Lesson registration is available in-person, over-the-phone, or online!

Group Lessons

Group Lessons are scheduled in 6-class to 8-class 30 minute sessions for every age, 6-months through seniors! Classes have a set schedule, either 2 days/week (Mondays & Wednesdays or Tuesdays & Thursdays), or 1 day/week (Fridays, Saturdays, or Sundays). - (See program flyer.)

Private Lessons

Private Lessons are 1-class 30 minute sessions. - See program flyer for details!

Special Classes

The Covington Aquatic Center also offers programs, such as Learn-to-Dive, Advanced Swim Training 1-day clinics, and more! - See program flyers for more information!



<u>Program</u>	<u>General Fee</u>	<u>Covington Resident Fee</u>
Group (30 min. x 8-class session)		
Parent & Child	\$54.00	\$44.00
Preschool & Learn-to-Swim	\$76.00	\$62.00
Group (1 hour x 8-class session)		
Competition	\$15.00	\$12.50
Advanced Swim Training	\$76.00	\$62.00
Private Lessons (30 min. class)		
1-on-1 class	\$35.00	\$29.00
Semi-Private (per student)	\$22.00	\$18.00

Advanced Courses

The Covington Aquatic Center offers several advanced courses including: (See program flyers!)

- **American Red Cross Lifeguard Training & Review Courses**
- **Northwest Lifeguard Test Preparation Courses**
- **American Red Cross Water Safety Instructor Training**
- **Aquatic Volunteer Academy**

Private Pool Party Rentals

The pool and a party room are available for private rental by the hour during designated times, and when there are no conflicting programs or private user groups scheduled. Pool rentals are fully lifeguarded and include all available amenities. - See program flyer for details!

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Covington Aquatic Center Public Program Fees

<u>Program</u>	<u>General Fee</u>	<u>Covington Resident Fee</u>
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Lap Swims (Per Swim)

Youth/Adult	\$6.50	\$5.25
10-Visit Card	\$58.50	\$47.25
Senior/Disabled	\$4.50	\$3.75
10-Visit Card	\$40.50	\$33.75

Aqua & Aqua Plus Memberships allow free admission to any Recreational Swim or Special Swim! (does not include Special Events)

Public & Family Swims (Per Hour)

Individual	\$4.50	\$3.75
10-Visit Card	\$40.50	\$33.75
Family Rate	\$13.50	\$11.25

Friday Night Promotional Public Swims

Individual 1 Hour	\$3.50	\$2.75
2 Hours	\$5.00	\$4.00

HOT DEAL

Children Under 4 are Free!

Water Exercise Classes (Per Class)

Youth/Adult	\$8.25	\$6.75
10-Visit Card	\$74.25	\$60.75
Senior/Disabled	\$6.50	\$5.25
10-Visit Card	\$58.50	\$47.25

WaterX & Aqua Plus Memberships include free admission to all Water Exercise Classes!

Save \$ on these programs with Aqua, Aqua Plus, and Water X Memberships!
See Memberships flyer for details and pricing.

Private Party Rentals (Per Hour)

1-25 Swimmers	\$150.00	\$125.00
26-60	\$195.00	\$160.00
61-90	\$235.00	\$195.00
91-120	\$260.00	\$215.00
121-150	\$280.00	\$230.00
Party Room	\$45.00	\$35.00

Age Group (Definitions)

Children Under 4: 3 years or less
Youth: At least 4, but less than 18
Adult: At least 18, but less than 62
Senior: At least 62

Refund Policy

All lesson credits and refunds must be pre-approved and will only be given to those who have missed five classes or more due to an extended illness or injury. An administrative fee of \$10 per registrant will be assessed for each lesson refund processed. All other credits or refunds must be requested at least one week prior to the start of the program, event, or rental and will carry a \$10 administrative fee for processing.

Please note that schedule and program information is subject to change. (Listed Fees as of 9/3/13)
For the most up-to-date information, please visit www.covingtonwa.gov/cac. (v01.8.2014)

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